

Love addiction

Posted by Pure yid - 21 Sep 2011 13:57

I want to open a blog here about love addicts. My english is not the best but this has to be opened as I suffer my self from this and I am sure more people do as well.

Love addiction is coming from the same place as sex addiction but it's a totally addiction on it's own, so don't feel different if you suffer from this, I suffer from this even way before I suffered from sex addiction.

Love addiction can come from not being loved at home and from several other places. I suggest that a speacil page should even be opened for this, and I will ask the had people here, as regular sex addictis who are not suffering from this will not understand this.

Here is a list of what love addiction is. (I my self suffer from both, sex and love, and one day I will give my story)

Getting hooked on someone with out knowing their real personality or "midos" just whhhooo that's my new friend.

Progressing the lust-love on a crazy way more and more every day, talking, txting, needing.

Giving presents non stop.

Waking up going to sleep with that person in mind.

Getting pain like crazy if your need from that person is not mat.

Resentment hate-love (read-lust) going from side to the other with in minuts from hate, ill show

you, why didn't you tell me, call me, etc, to going back crazy, I love you I always will.

the list goes on and on. As explained I will give my story one day and people who never suffered from this won't understand the pain but let me tell you, you have no idea the pain I had and still have, but I hope to recover soon.

People come in here and let's talk about it, until maybe it will open a new place on the site only for this.

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Re: Love addiction

Posted by ninetydays - 21 Sep 2011 14:21

Interesting addiction. Would love (no pun intended) to hear your story in full.

From what you describe it sounds like you have sort of like a bi-polar crush on someone. You love them and lust after them. Kind of like mania and depression. Maybe I am wrong. Is this addiction or disorder something that shrink told you you have or is this your take on yourself?

I have seen others on this site who have spoken about not being loved as children and suffering from this until today. They crave someone to care for them and to love them.

Check around here. I am also sure someone will respond to your post that has it (or in a pm).

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Re: Love addiction

Posted by alexeliezer - 21 Sep 2011 16:31

You're right. It's a department of the same addiction. We all want to be loved, and some of us missed out on adequate parental love.

The solution is the same: guard your eyes. If you don't see 'em, you can't become infatuated with them. Not sure where you're holding, but when you start dating with tachlis, then you can look. And hopefully you'll be past this so you can be objective and end up with the right girl.

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Re: Love addiction
Posted by Pure yid - 22 Sep 2011 05:20

I am married with kids. My story is long and I will wright one day. This addiction is an addiction of itsnown as a fact I am in a program for this with people who suffer only from this. I opend it up so people can wright about it. Also in our community it can happen more I think and I'll explain why a different time. Good night.

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Re: Love addiction
Posted by yechidah - 22 Sep 2011 12:31

in truth, the love addiction is almost always intertwined with a sexual fantasy if not consciously,then subconsciously.

but what pure yid says here is a real truth as well.there is an inherent addiction to specific persona usually the opposite gender that is not nessianarily connected directly to lust.

Emunah helps with this very much.the idea that no matter how strong your emotional feelings are towards a person,when one realizes that there is One Creator and intrinsically that idealized person is a mere mortal, and is born, and dies, that sweats like me and you,and stinks up a bathroom like me and you when they have to do thier business,and that thier barf smells just as bad as yours,and that even that perfect person has serious flaws and issues whther you see it or not,that it's God you put on a pedestal and no one else,this awareness and contemplation goes a far way into helping break the unhealthy attached feelings one may have to another human being.

Rav Pam experiences this with some of his students who were dumped after several dates,and

in thier minds THIS WAS IT!!! and they fell into very severe depression thinking they somehow blew it,this was MY zivvug,and somehow it got messed up,this person was PERFECT for me and there is no one else like her in the world etc.. etc... and it took a while but he pulled bochurim out of this twisted thinking and they even thanked him years later when they were already married (to someone else) and realizing now that they weren't thinking (or feeling) clearly then

and He warned bochurim of not falling into that trap.

and so,a love addiction is real,its painful,its a drug of putting hopes and aspiration to a god to escape the pain of reality,but when facing reality,even if painful and dull at first,there is great and abundant blessing buried within.Appreciating what God allots to you,and that idealized god or a woman wont do anything for you.

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Re: Love addiction
Posted by Pure yid - 25 Sep 2011 04:35

I understood every word you said. Still, some people including me, are so far in it that we need meetings for this and help etc.

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Re: Love addiction
Posted by yechidah - 25 Sep 2011 17:17

and I know those meetings will help.and I acknowledge the pain of being in such a situation.

keep in mind that the void felt can only be filled by the acceptance of yourself and that no human being's affection or love or existance can ever fill that void.

I do understand why that void can be here.and you owe it to yourself to pull out of it.you owe it to your wife and children too.

hatzlacha,my friend

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Re: Love addiction

Posted by Pure yid - 26 Sep 2011 13:49

Strong words

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